

EIM Myanmar



Dr. Myint Htwe

National Center Director

Myint Htwe

MBBS (Ygn); DP&TM (Ygn);
MPH (University of Philippines);
DrPH (International Health), Johns
Hopkins University, USA

Affiliation

Union Minister, Ministry of Health
and Sports

National Center Manager

Mr. Myo Hlaing

Affiliation

Deputy Minister of Health and Sports

Host Institution – The University of Public Health (Yangon)

The University of Public Health (Yangon) is a government university, under the Department of Human Resource for Health, Ministry of Health and Sports. The University was established in July 2007 with the purpose of the pursuit of population health in the service of society. The role of the University of Public Health (Yangon) is to develop leaders and managers in the health sector by: (a) educating health and health-related personnel, (b) conducting quality research, and (c) participating in the practice of health care services. The University has nine departments: Health Policy and Management, Epidemiology, Biostatistics and Medical Demography, Occupational and Environmental Health, Health Behaviour and Communication, Population and Family Health, Medical Education Science and ICT, Nutrition and Food Safety, and Public Health Laboratory Science. The University offers a PhD in Public Health; a Master of Public Health; a Master of Hospital Administration; a Diploma in Medical Education; and an e-learning program for public health professionals.



NC Advisory Board

Affiliation

Dr. Myint Htwe	Union Minister, Ministry of Health and Sports
Dr. Myo Thein Gyi	Union Minister, Ministry of Education
Mr. Tin Myint	Deputy Minister, Ministry for Union Government Office
Mr. Win Maw Tun	Deputy Minister, Ministry of Education
Dr. Mya Lay Sein	Deputy Minister, Ministry of Health and Sports
Dr. San Shwe Win	Chairman, Health and Sports Development Committee, Pyithu Hluttaw
Prof. Thet Khine Win	Permanent Secretary, Ministry of Health and Sports
Dr. Thein Win	Director General, Dept of Higher Education, Ministry of Education
Mr. Ko Lay Win	Director General, Dept of Basic Education, Ministry of Education
Dr. Tin Tin Lay	Director General, Dept of Human Resources for Health, Ministry of Health & Sports
Prof. Zaw Than Htun	Director General, Dept of Medical Research, Ministry of Health & Sports

Prof. Htin Aung Saw	President, Myanmar Medical Association
Prof. Hla Hla Win	Rector, University of Public Health (Yangon), Dept of Human Resources for Health, Ministry of Health and Sports
Mr. Myo Hlaing	Director General, Dept of Sports & Physical Education, Ministry of Health & Sports
Mr. Mya Than Htike	Deputy Director General, Dept of Sports & Physical Education, Ministry of Health and Sports

2021 Goals

- Increase the number of healthcare providers that receive EIM training and engage in the assessment, prescription and counseling of physical activities in the healthcare delivery system
- Increase the number of health fitness professionals that receive EIM training, are certified by EIM Myanmar National Center and are engaged in providing guidance to individuals in Myanmar
- Integrate physical activity as a vital sign into hospitals and healthcare systems throughout Myanmar
- Increase EIM activities in universities and other educational institutions through the expansion of EIM On Campus
- Provide people with convenient, local access to credentialed EIM professionals, EIM qualified physical activity programs and EIM recognized places in all sectors of the community
- Develop an effective EIM network of all state holders of EIM in Myanmar
- Engage in greater levels of research involving the EIM initiative

Accomplishments to Date

- Officially established the EIM Myanmar National Center in Nov 2019
- Officially launched EIM Myanmar in January 2020 at the Sports Medicine and Sports Science conference
- Introduced EIM to all regions of Myanmar (2019-20)
- Presented at the 66th Annual Myanmar Medical Association conference (2020)
- Developed and conducted a series of 3-hour EIM courses to healthcare providers, as well as public health, medical students, rehabilitation, physiotherapy and dietetic students across Myanmar in 2020
- Developed a network of >1600 exercise professionals across the country
- Working to expand the EIM concept to prison systems across the country
- Established a robust social media campaign including segments on the national TV channels (Skynet TV and Myawaddy TV)
- Close collaboration with the Myanmar Women Sports Federation (MSWF) on fundraising initiatives

**Exercise
is Medicine[®]
Myanmar**